

Steve's Journal

Posted by Steve - 15 Dec 2009 18:46

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So here I am, finally beginning my journey into my New Way of Living, thanx to Reb Guard, Duvid Chaim, the fearless crew on the Good Ship Lust-Will-Pop, and the GYE family.

I got here around 7/28/08 while searching for chizuk for shmiras eiynayim, signed up for the emails, then wasted over a year letting them collect in an inbox folder hoping to get to read them one day. The forum looked too intricate for me to navigate, so I didn't even try.

B"H for "falls" at the right time, cuz picking myself up from one led me to finally read one email. And THAT ONE, ladies and germs, is where I saw the advert for DC's new 12-Step Program Group Call, and thank G-D I followed the links to find out more. Again, Hashem was stretching out His hand to me, but THIS time, I TOOK IT!! I joined his group when it started in October.

I NEVER would have suspected I was a sexaholic, I just thought I was a guy with a very big yetzer hora for "girlwatching" that just got out of hand with the ease of internet access. But when I read the descriptions that an addict is ONE WHO KNOWS HE SHOULD STOP, BUT CAN NOT, or described as someone who looses time from work and family because of this uncontrollable drive, someone whose life is heading to ruination, it hit me. Those words described me to a tee. I was seeing myself and my uncontrollable life mirrored in the words of so many others, I couldn't believe it! I WAS NOT ALONE.

All the years of acting out; the guilt and the shame; the hours glued to bad sites while family time and parnose slipped away; the lying to my children who'd call me at work and ask "when are you coming home, Ta?" And I'd close my eyes to the screen to say "I have to work late", then open them up again after the call to keep watching for hours more... And the self hate, the loathing, the name calling and cursing of myself I did when I'd drive home at 3 am, the promises to Hashem, and then breaking them the very next morning. Days, months, YEARS lost, and I thought I could climb out of it on my own one day.

Duvid Chaim and the brave members of our crew have shown me the real way out of this decrepit existance, toward a life of freedom from this "lust addiction", and hopefully from my other shortcomings as well.

On the calls I found people whom I could talk to thru the blessed veil of anonymity, to discover who I really am and find how I could heal, and on the forum I found the rest of you, inspirational and needy both, and I've been blessed that I could help a little here and there. What I love best is that the time I would have spent on my computer pushing Hashem out of the world, I am now using to pull Him back in, into my life and the life of others.

Thanx to Duvid Chaim, I am on the road to recovery. It was hard to accept that "I'm a pickle, and will never be a cucumber again." He showed me logically the truth behind it. But I never really understood the depth of my emotional loss at that recognition until I read Letakein's amazing poem, Falling Leaves. She wrote that to help herself heal, but by sharing it, she MADE me heal. I wasn't afraid to take the next step, to Let Go and Let G-d, to trust His re-creating me into something new, even tho I do not know where it's heading.

So, my friends (and it means so much to me to be able to call y'all that), I will be using this journal to share with you my ups and downs (which I'm sure I'll have – we're only human), Please forgive me if it's not as dramatic, or filled with "near brink disasters" as so many of you brave people have to fight every day. I stand in awe of your strengths, your courage and your honesty. THIS is the place on earth for real Milchomas Hashem.

I will try my best to post everyday, and the next few days I'll add short installments of the BIG inspiration I had just before this Shabbos, on Erev Chanukah, that I'm still flying high from. The A & W's just kept rolling in, so stay tuned!!

Even tho I've been clean now since starting the calls 7 weeks ago, I'm gonna start my 90-day count as of Monday, the third day of Chanukah. Marked for my memory by my physical birthday, but in honor of my spiritual re-birth thru the 12-Steps and ALL of GYE.

Starting this Chanukah, may we all be blessed together to move far away from the Great Darkness that has owned us until now, and come into the GREAT LIGHT of Hashem's Love.

Kein Yehi Ratzon.

Steve.

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Re: Steve's Journal

Posted by the.guard - 08 Apr 2010 19:52

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[Steve wrote on 08 Apr 2010 19:07:](#)

THIS IS THE REAL ME. The other guy is the faker.

Sounds like you read the Torah thought in today's chizuk e-mail (#749) :D

Keep up the good work and inspiration!

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Re: Steve's Journal

Posted by bardichev - 08 Apr 2010 20:22

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steve

im proud of you!!!!!!!!!!

gevaldiggggggggggggggggg

keep on truckin!!!!!!!!

b

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Re: Steve's Journal

Posted by Steve - 08 Apr 2010 20:56

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[guardureyes wrote on 08 Apr 2010 19:52:](#)

[Steve wrote on 08 Apr 2010 19:07:](#)

THIS IS THE REAL ME. The other guy is the faker.

Sounds like you read the Torah thought in today's chizuk e-mail (#749) :D

Keep up the good work and inspiration!

Actually, Big G, I DIDN'T. But now that you mentioned it, I looked it over, and i am so proud that the author was mechaven to me!!!

Hey, when are you coming to Am Reikah? I'd love to host you, I have some matza left over that i'm trying to get RID of.....

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Re: Steve's Journal

Posted by Steve - 09 Apr 2010 18:45

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I'm in BIG trouble....

The POLISH CLEANING LADY ANTIDEFAMATION LEAGUE is suing me over my lumpy, wart-ridden comments that Reb G sent into cyperspace today. They've been chasing me around town, an open pickling jar in one hand and the lid in the other.... i've tried to tell them it's too late, I'm already a Pickle, and that warts are nothing to be ashamed of, but they keep yelling things at me that end in ICZ that i don't understand!!

Everyone, along with counting the days, LET'S MAKE OUR DAYS COUNT!!!

keep feeling the Chayrus!! And have a GREAT SHABBOS!!!

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Re: Steve's Journal

Posted by zalmandovid - 11 Apr 2010 12:59

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:D :D :D :D :D :D you made my morning

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Re: Steve's Journal

Posted by Steve - 12 Apr 2010 17:09

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Just checkin in.

My uncle passed away motsoi shabbos.

He was an exceptionally warm, loving and giving man, sensitive and wise about life.

I have a lot of regrets that I wasn't as close with him in the last 20 years as I could have been.

Technical complications that i should have overcome for the sake of family.

I think the low self assuredness that came from the addiction is the culprit. The escapism of avoiding dealing with issues. had i faced my fears or problems head-on, our families would not have drifted apart, despite our differences in lifestyles.

Anyway, it feels better to blame it on fallout from the addiction than to face the fact that i was just stupid.

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Re: Steve's Journal

Posted by Dov - 12 Apr 2010 17:17

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So sorry to hear about your loss. You are so lucky to have had such an uncle...I couldn't relate to mine. The lesson you brought out of the loss was important to me...a thing I have heard myself saying too often after such losses. So, coming from one stupid man to another, may Hashem help us take hold of the life He gives us today!

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Re: Steve's Journal

Posted by bardichev - 12 Apr 2010 19:03

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so to hear

may we share in simchos!!!

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Re: Steve's Journal

Posted by zalmandovid - 13 Apr 2010 02:33

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Hey Steve,

Sorry to hear about your loss. May you be comforted amongst the mourners of Zion and Jerusalem.

Hashem oftentimes likes taking the good ones. He likes them close nearby.

I am not close with any of my uncles. I lost my father two years ago. I also regret not having been close to him. It was the most devastating thing in the world to me.

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Re: Steve's Journal

Posted by DovInIsrael - 13 Apr 2010 15:02

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hi steve.

hi noya.

i was in the neighborhood.

hope you are both doing ok.

dov in israel

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Re: Steve's Journal

Posted by Steve - 13 Apr 2010 19:44

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Hi guys. Battling a lot of RID bet. yest & 2day. gotta work more on EGO busting. BH that Hashem has been sending me lots of people to help me do just that, since He knows i can't do it

Sent an old GYE buddy a hello after not hearing from him for a while. He wrote back that he's alive physically, but feels he's dead spiritually. I am copying my email to him here, because I think it has a lot to offer all of us. Especially me.

My Friend,

You're not spiritually dead, chas v'shalom. you're just hibernating.

Man, i wish i could come over to you right now and give you a bear hug to get your GYE juices flowing again. You're giving up on yourself? WHY?? Don't you remember how GOOD it felt when you were on top of your game? THOSE WERE YOUR **REAL** DAYS - the ones when you soared!! Those days, that feeling - they are easier to get back than you realize.

I want to share with you the last messages on today's DC call:

**Point one:** Whatever method or system we've been using on our own, up till now, has obviously not worked, or we wouldn't be here, dealing with lust and masturbation in our daily lives. SO WE HAVE TO ACCEPT THAT OUR OLD SYSTEM JUST DOESNT WORK. PERIOD. We need to try something NEW. We need to be WILLING TO MAKE A CHANGE. And the change that is presented is to CONSCIOUSLY LET HASHEM INTO OUR DAILY LIVES - TO BECOME



AWARE OF HIS PRESENCE AND INVOLVEMENT IN OUR LIVES.

Just by doing this alone, we have made the significant new step toward the solution THAT WORKS!

**Point two:** Someone then asked "We are all religious jews on this call. What are we missing as from jews who daven and do mitzvos? What new awareness of Hashem could there be? Don't we already know about Him?"

DC's answer - Next Shemoneh Esrai, see if your mind wanders in the middle - to work, what you need to do later, etc. If it does, then that's the barometer to show one that he's only an actor on a stage - acting the part of a religious jew without the real feeling, connection and deveykus hashem. And the REASON we can not make the connection to Him is because our EGO is blocking it. "Edge G-d Out" is a true acronym for EGO. The more HUMBLE we become, the more we orient our lives to BE OF SERVICE TO OTHERS, the smaller our EGOs get and the closer we can get to G-d.

Here's a proof i thought of: Who was the ONE person in history who you would say was the CLOSEST to Hashem? Moshe Rabbeinu, who spoke Peh Al Peh with Him. Now, who was the most HUMBLE person? Same one.

And the more humble and closer to Hashem we are, the less depression and inability to cope with life we will have, and therefore the more content we will be. And with contentment, we gain our freedom from the desire to think illicit thoughts, view porn and act out. We will have a life of true happiness and joy. GUARANTEED!!

My Friend, THAT'S what I want. I want that life of contentment. And BE"H i'm gonna get there. The steps are simple, but not easy. But i'm determined to keep working at it until i get there. i am only human, so although I don't want to, I'm expecting that someday i may slip too far and fall. BUT I'M NOT AFRAID OF THAT. Because the moments of weakness DON'T DEFINE ME. I AM THE GOOD GUY who's trying, it's the GOOD minutes, hours, and days that DEFINE ME, not the glitches. So if i fall one day, I'll have charata, do tshuva and try harder, BUT IT'S NOT GONNA DRAG ME DOWN, I'm gonna jump right back up and CONTINUE WHERE I LEFT OFF.

I don't look at it as STARTING OVER. I look at it as CONTINUING TO GROW from where I left off. I am NOT using this as an EXCUSE to act out, but as a way to feel GOOD about myself and not have ANXIETY in advance of whether i will act out one day or not. It takes away the "fear of flying."

Remember to please stay in touch. Where will you get chizuk from those who love and care about you if you stay in hiding? Don't be ashamed to post. NO ONE OF US WILL EVER JUDGE YOU.

Be well,

Steve.

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Re: Steve's Journal

Posted by NOYA - 14 Apr 2010 02:53

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Beautiful post, Steve. I'm sorry about your uncle.

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Re: Steve's Journal

Posted by silentbattle - 14 Apr 2010 23:23

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Wow. A lot of good points. I need to hang out here more often!

I'm sorry things have been sad recently for you - I hope you see much simcha in the future!

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Re: Steve's Journal

Posted by Dov - 15 Apr 2010 01:55

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From your heart right through to mine, thanks again, Steve.

ZD, thanks for sharing about your own loss and pain. It's nice to see so much good and joy in you nonetheless so often.

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